

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ www.FrederickCountyMD.gov ♦ 301-600-7020

March Program Highlights

Nutrition

Nutrition: Learn how a balanced diet can help you feel better. Program presented by the staff at Sage Orthopedic Physical Therapy.

Date: Wednesday, March 14

Time: 1:00 p.m. **Cost:** Free

Tuesday Night Pizza Night

Every Tuesday is **Tuesday Night Pizza Night!** Two slices of pizza, tossed salad, vegetables, fruit, juice, milk

Date: Tuesdays

Sing-up by 2:00 p.m. the Monday before.

Time: 5:30 p.m.

Cost: \$4.80 (Regular lunch fee)

Men's Discussion Group

Finally, a group for men only! Discussions may include: current events, movies, books, retirement, family...whatever is on your mind. Coffee provided.

Date: Thursday, March 8 & 29

Time: 9:30 a.m. **Cost:** Free

Exercise to Video

Is it still too cold to walk outside? Then join us for exercise indoors. These videos are made especially for seniors.

Dates: Mondays through Thursdays

Time: 11:00-11:30 a.m. **Cost:** Free

Blood Pressure Screening

Stop in for a blood pressure check!

Date: Mondays, March 13 & 27

Time: 1:00 p.m.

Date: Wednesday, March 21

Time: 11:30 a.m. **Cost:** Free

For the Health of It

Towson nursing students will be presenting a health education session designed for seniors. Each date will cover a different topic.

Date: Thursdays, March 1, 8, 15 & 29

Time: 11:30 a.m. **Cost:** Free

Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Steve Stoyke will talk about "Never Ignore These Signs and Symptoms: they could indicate a serious health condition."

Date: Wednesday, March 21

Sign-up by Monday, March 19

Time: Noon

Cost: \$4.80 (Regular lunch fee)

Stitching Post

Come to knit, crochet, or just talk. This is an informal group whose members help each other with projects, patterns, and learning new skills.

Date/Time: Mondays 10:00 a.m.

Date/Time: Tuesdays 1:00 p.m.

Date/Time: 2nd Tuesday 6:00 p.m.

Cost: Free

Computers

Computers, with high-speed Internet access, are available for use any time the Center is open.

Drop-in Any Time

Drop-in anytime we are open to use our computers, play a game, have a cup of coffee or tea, read the newspaper, or chat with other seniors.